

Return-To-Work Recommendations For COVID-19

July 20, 2020

Valued Employer,

We appreciate your partnership in health, and appreciate your concern for your employees' well-being. As a health care provider in your community, we want to provide some helpful guidance on when to allow employees to return to work after being tested for COVID-19.

For COVID-positive patients, the Centers for Disease Control and Prevention (CDC) currently recommends a time-based isolation strategy for returning to work, which means:

- They are fever-free for 24 hours without the use of fever-reducing medications.
- Their symptoms (cough, shortness of breath, chills, muscle pain, sore throat, vomiting/diarrhea, loss of taste or smell) are improving.
- It's been at least 10 days since the initial onset of symptoms.
- Health care workers may need permission from their employer to return to work and should follow their organization's process.

For patients who do not test positive for COVID-19, flu, or other upper respiratory infection which would indicate they should isolate at home, we recommend these patients follow their physician's directions for how long to stay home from work. If they need negative test results to return to work, we suggest they sign up for or sign in to AveraChart, our patient portal, and print their lab results from their portal.

Avera does not routinely provide return-to-work notes for patients suffering upper respiratory symptoms, even if they test positive for COVID-19 or another upper respiratory infection.

Thank you for your partnership in keeping our community healthy.